



HarmonizeHer

A PRACTICAL GUIDE TO STEADY ENERGY

Fuel Your Energy

10 Easy Meal-Planning Tips for Steady, All-Day Energy

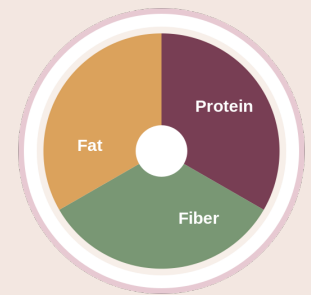
Real-food meals and grab-and-go snacks that come together in minutes — each balanced with protein, fiber, and healthy fat, so your energy stays steady on even your busiest days.

INSIDE THIS GUIDE

- ✓ The steady-energy meal formula
- ✓ 10 research-backed, real-life strategies
- ✓ A grab-and-go snack matrix
- ✓ Five simple prep-ahead recipes
- ✓ A five-day mix-and-match plan

Created by Mona Haratianfar, NTP, MS, MSc

Functional Nutritionist & Scientist
Founder of HarmonizeHer

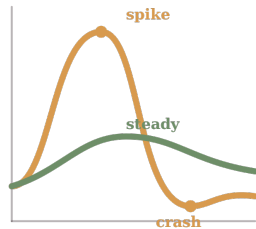


**Steady fuel.
Real food.
Real life.**

RESEARCH-BACKED &
PRACTICAL

Why Your Energy Crashes — and How to Fix It

Busy, back-to-back days leave little time to refuel. When meals get skipped — or replaced with coffee and whatever's fastest to grab — blood sugar spikes, then crashes. That up-and-down swing is the afternoon slump, the brain fog, the "hangry" moment, the 4 pm cookie craving. **You're not doing anything wrong.** It's the environment, not your willpower — and it's one of the most fixable things in nutrition.



A carb eaten alone spikes fast and crashes hard. The same carb, paired with protein, fiber, and fat, releases slowly — and your energy line stays steady.

WHAT THE RESEARCH SHOWS

Across **22 controlled trials in 911 adults**, eating more fiber improved long-term blood sugar, fasting glucose, and insulin resistance. Pairing carbs with protein and fat blunts the spike from the same food.

Reynolds AN et al., J. Functional Foods 2021 · Rains TM et al., Nutrients 2017

THE STEADY-ENERGY FORMULA — AIM FOR ALL THREE AT MAIN MEALS



1. Protein — the steadier

Slows how fast sugar hits your blood and keeps you full longer. Eggs, chicken, turkey, salmon, Greek yogurt, cottage cheese, tofu, tempeh, beans, lentils.



2. Fiber — the slower

A net over your carbs — releases sugar gradually and feeds your good gut bacteria. Vegetables, fruit, beans, lentils, oats, quinoa, potatoes, whole grains.



3. Healthy fat — the leveler

Slows how fast your stomach empties, so energy lasts. Avocado, nuts, seeds, olive oil, olives, nut butter, hummus.

If you remember one sentence from this guide: *never eat a carb alone.*

Carbs are not the enemy — real-food carbs like fruit, oats, potatoes, and beans belong on your plate. The goal is a reasonable portion, kept in good company. And your meal doesn't need to be perfect to support your energy: good enough beats going without.

10 Strategies for Steady, All-Day Energy

1 Front-Load Your Protein

Aim for roughly **25–35 g of protein at your first meal**, whenever your day starts. A protein-forward start steadies you for hours and quietly curbs the late-day snack attack.

TRY THIS: Three-egg veggie scramble • Greek yogurt with chia and berries • leftover chicken • a smoothie built on Greek yogurt and nut butter.

THE EVIDENCE

In a controlled crossover study, a 35 g-protein breakfast — versus 13 g — left people fuller, kept glucose steadier, and cut how much they snacked on high-fat foods that evening.

Leidy HJ et al., Am. J. Clinical Nutrition

2 Never Eat a Carb Alone

Pair fruit, bread, rice, crackers, or oats with protein or healthy fat. Same carb, smaller spike, longer energy — and the meal feels far more satisfying.

TRY THIS: Apple + almond butter • berries + Greek yogurt • rice + chicken + vegetables • whole-grain toast + eggs + avocado.

3 Eat It in the Right Order — Carbs Last

Same meal, same calories, different order: eat your **vegetables and protein first** and save the starch or bread for last. It costs nothing and works with takeout and eating out, too.

TRY THIS: At any restaurant — salad and chicken first, the roll or fries at the end.

THE EVIDENCE

When people ate vegetables and protein before carbohydrates, post-meal glucose dropped **29% at 30 minutes and 37% at 60 minutes**. In people with prediabetes, the glucose peak fell more than 40%.

Shukla AP et al., Diabetes Care 2015 • Food-order trial in prediabetes, Nutrients 2023

What you pair your food with matters as much as what you eat.

Make the Healthy Choice the Easy Choice

4 Pack Food Before You're Hungry

Decide what you'll eat while you're rested — not while you're depleted. Prep the night before or right after grocery shopping. Waiting until you're already out the door makes the vending machine and the drive-through much more likely.

TRY THIS: Put the packed bag next to your keys. Bring one balanced meal, one planned snack, and one shelf-stable backup for long days.

5 Cook Once, Eat Three Ways

Repeat ingredients, not identical meals. Prep two proteins, two carb sources, and a few vegetables, then mix them through the week — bowls, wraps, salads, breakfast boxes. Repetition saves time without making every meal feel the same.

TRY THIS: Roast chicken + boiled eggs + quinoa + roasted potatoes + chopped vegetables = a week of different plates from one hour of cooking.

6 Build 2-3 Zero-Decision Defaults

Pick two or three balanced combos you actually like and make them your automatic go-tos — so when you're tired and rushed, you're grabbing your default, not deciding from scratch.

TRY THIS: Greek yogurt + chia + berries • hard-boiled eggs + fruit + almonds • tuna + whole-grain crackers + baby carrots • edamame + cheese + apple.

A SIMPLE PACKING RHYTHM

NIGHT BEFORE

Pack your main meal

START OF DAY

Eat before you're depleted

MIDDAY

Use the planned snack

LONG DAY

Use the emergency backup



Bonus: Stock a Real-Food Emergency Kit

Keep shelf-stable options in your bag, desk, or car for the days that run long: tuna or chicken packets, nuts and seeds, nut-butter packets, roasted chickpeas, whole-grain crackers, and your homemade energy bites (recipe on page 7). Check allergies and dietary needs before stocking up.

Good enough is better than going without food.

Small Resets, Big Difference

7 Time Your Caffeine — With Food, Not Instead of It

Coffee is not breakfast. Have caffeine with or after a meal rather than using it to push through hunger, and cut it off **6–8 hours before sleep** — late caffeine quietly wrecks deep sleep, and poor sleep drives next-day cravings.

8 Walk 10 Minutes After Your Biggest Meal

No gym, no sweat — an easy walk within about 30 minutes of eating lowers the blood-sugar spike from that meal. A lap around the block or the building counts.

THE EVIDENCE

A controlled trial found ~10 minutes of walking after each meal lowered post-meal blood sugar more than one longer walk at another time of day — and the after-dinner walk helped most.

Reynolds AN et al., Diabetologia 2016 • Engeroff T et al., Sports Medicine 2023

9 Breathe Before You Eat — the 60-Second Reset

Your body digests well only in "rest-and-digest" mode. Before your first bite: inhale through the nose, take a short second sip of air on top, then a long, slow exhale through the mouth. **Repeat 5–6 times.** It flips the switch back toward calm digestion — use it before stressful moments, too.

THE EVIDENCE

A Stanford randomized trial found 5 minutes a day of this "cyclic sighing" beat mindfulness meditation for improving mood and lowering physiological arousal.

Balban MY et al., Cell Reports Medicine 2023

10 Hydrate — Before You Reach for Sugar

Mild dehydration mimics low energy and brain fog, and thirst feels almost identical to fatigue — so people reach for sugar or caffeine when they actually need water. Fill a bottle at the start of your day and keep it where you can see it.

THE EVIDENCE

Randomized trials show even mild dehydration worsens mood, attention, and fatigue — and rehydrating restores them.

Armstrong LE et al., J. Nutrition 2012 • Zhang N et al., RCT 2019

The Grab-and-Go Snack Matrix

Three columns for three realities: pack it, chill it, or buy it. Every option is real food with protein, fiber, or healthy fat — none are naked carbs. **Pick one thing with protein + one with fiber, and you've won.**

Bring From Home	Fridge / Freezer	Eating Out
Apple + nut-butter packet	Greek yogurt + berries + seeds	Salad with grilled chicken
Trail mix — nuts, seeds & a little dried fruit	Hard-boiled eggs (prep a batch)	Burrito or grain bowl + extra veggies + protein
Roasted chickpeas or dry-roasted edamame	Cottage cheese + pineapple or berries	Egg bites + fruit
Whole-grain crackers + tuna pouch	Hummus + baby carrots or cucumber	Egg-&-cheese wrap
Homemade energy bites (recipe, p. 7)	String cheese + fruit	Grilled chicken sandwich + side salad
Banana + almond-butter packet	Homemade egg bites (recipe, p. 7)	Mediterranean bowl with hummus
Turkey stick + an orange	Leftover chicken + roasted vegetables	Oatmeal + nuts + a hard-boiled egg

ZERO-DECISION DEFAULTS YOU CAN BUILD TONIGHT

Apple + 2 tbsp almond butter

Greek yogurt + chia + berries

Cheese + apple + almonds

Tuna + whole-grain crackers

Chicken salad + avocado

Hard-boiled eggs + crackers + baby carrots

Edamame + turkey stick

BUILD ANY SNACK



Protein +



Fiber or produce +



Healthy fat

LATE-NIGHT NOTE

If you're up late or your days run long: keep late-night food lighter and protein-forward, and skip the big carb load — the same meal raises blood sugar more late at night than it does midday.

Five Simple Prep-Ahead Recipes

Each one hits the steady-energy formula — protein, fiber, and healthy fat — with a handful of whole-food ingredients and almost no cooking skill required.

Veggie Egg Bites · MAKES 12 · FRIDGE 4 DAYS

You need: 8 eggs, 1 cup chopped vegetables (spinach, peppers, onion), ½ cup shredded cheese (optional), salt & pepper.

Make it: Whisk everything, pour into a greased muffin tin, bake at 350°F for 18–20 min. Grab two on your way out the door.

Overnight Oats, Upgraded · 5 MIN THE NIGHT

BEFORE

You need: ½ cup oats, ¾ cup milk of choice, ½ cup Greek yogurt, 1 tbsp chia seeds, a handful of berries, cinnamon.

Make it: Stir in a jar, refrigerate overnight. The yogurt and chia turn a carb-heavy breakfast into a balanced one.

Mason-Jar Power Salad · PREP 2-3 AT ONCE

You need: Olive-oil dressing, chickpeas or grilled chicken, chopped crunchy vegetables, quinoa or brown rice, greens on top.

Make it: Layer in that order — dressing at the bottom, greens at the top — and it keeps for days. Shake and eat.

No-Bake Energy Bites · MAKES ~18 · FREEZER-

FRIENDLY

You need: 1 cup oats, ½ cup nut butter, ¼ cup ground flax or chia, 2–3 tbsp honey, dark-chocolate chips (optional).

Make it: Mix, roll into balls, chill 30 min. A real-food answer to the vending machine.

Sheet-Pan Chicken & Veggie Bowls · ONE PAN = 3-4 MEALS

You need: Chicken thighs or breast, two trays' worth of chopped vegetables (broccoli, peppers, sweet potato, onion), olive oil, your favorite seasoning; cooked quinoa or rice to serve.

Make it: Toss with oil and seasoning, roast at 425°F for 25–30 min. Portion over quinoa or rice with a spoonful of hummus or half an avocado — bowls, wraps, and salads for days.

MAKE IT YOURS

Every recipe here is a template, not a rule. Swap any protein for another, any vegetable for what's in your fridge, any nut for a seed if there's an allergy. As long as protein, fiber, and healthy fat all show up, the formula holds.

WHY PREP-AHEAD WORKS

Willpower runs lowest exactly when hunger runs highest. Food that's already made removes the decision — you grab the thing you chose when you were rested, not the thing that was closest.

One hour of prep = a week of zero-decision, real-food meals.

A Simple Five-Day Mix-and-Match Plan

A starting point, not a rigid diet. Swap ingredients based on your preferences, allergies, schedule, and what's already in your kitchen. Adjust portions to your hunger, body, and how active your day is.

D1

Meal: Chicken-quinoa bowl + roasted vegetables + avocado · **Snack:** Greek yogurt + berries + walnuts · **Backup:** Tuna packet + whole-grain crackers

GF: certified-GF crackers · DF: coconut yogurt + nuts

D2

Meal: Turkey + hummus wrap + vegetables + fruit · **Snack:** Hard-boiled eggs + apple · **Backup:** Energy bites (p. 7) or trail mix

GF: GF wrap or rice bowl · DF: already dairy-free

D3

Meal: Salmon or tofu rice bowl + vegetables + sesame seeds · **Snack:** Cottage cheese + fruit · **Backup:** Nuts + roasted chickpeas

GF: tamari instead of soy sauce · DF: hummus, eggs, or dairy-free yogurt

D4

Meal: Egg + turkey + roasted-potato breakfast box + vegetables · **Snack:** Banana + peanut or almond butter · **Backup:** Turkey stick + an orange

GF: naturally GF when verified · DF: skip cheese or use a dairy-free alternative

D5

Meal: Chicken or lentil Mediterranean bowl + hummus + salad + olives + pita · **Snack:** Greek yogurt + fruit · **Backup:** Egg bites (p. 7) or edamame

GF: rice or GF crackers instead of pita · DF: omit feta; dairy-free yogurt

PORTION HONESTY

Longer, busier, more active days need more fuel. If you consistently finish the day exhausted and extremely hungry, your body may need more food — **not more discipline.**

FUNCTIONAL-NUTRITION LENS

Whole ingredients first: the closer food is to how it grew, the steadier it burns. Packaged backups are for emergencies — real food is the plan.

CHOOSE ONE STEP TO START THIS WEEK

Your Steady-Energy Game Plan

My plan for tomorrow

My day starts at: _____

My first meal (with protein) is:

My planned snack is:

My backup snack is:

My water bottle is ready: Yes / No

My energy usually dips around:

ONE STRATEGY I'LL TRY THIS WEEK

Pick one or two — not all ten. Small, repeatable wins beat a total overhaul you'll drop in a week.

YOUR NEXT STEP — 100% FREE

Let's Talk — a Free 30-Minute Call

If this guide got you curious about what's really behind your energy dips, book a free 30-minute call with me. No sales pitch — we'll look at your energy patterns and what's draining them, talk through your goals, and map out a few realistic next steps. You'll leave with clarity, whether or not we ever work together.

calendly.com/harmonizeher/30min



SCAN TO BOOK

MEDICAL DISCLAIMER

This guide is provided for general educational purposes only and is not intended to diagnose, treat, cure, or prevent any medical condition. Individual nutrition needs vary based on health history, medications, allergies, activity level, and other factors. Consult a qualified healthcare professional regarding persistent, severe, unexplained, or worsening fatigue, symptoms of low blood glucose, or any medical concerns.



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